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(54) Title: HIGH FIBRE HIGH CALORIE LIQUID OR POWDERED NUTRITIONAL COMPOSITION

(57) Abstract: The present invention relates to a nutritional composition which is liquid and shelf-stable or powdered and reconstitutable. The composition has a fiber content of more than 2.5 g/ fiber per 100 ml of the composition. Furthermore, it has an energy content of 1.3-1.8 kcal/ ml. The composition is useful to improve and maintain gut comfort, restoring a well-balanced gut flora, especially in an elderly patient prone to malnutrition. The invention further relates to a process for preparing the nutritional composition.